

CANNING SEASON'S VEGETABLES—SUMMER FASHIONS—THE COOKING SET—CYNTHIA LETTERS

THE RIGHT WAY TO PUT UP BEANS; MRS. WILSON GIVES DIRECTIONS

Canning the Small String Bean, the Medium Sized and a Fancy Mixed Pack—All May Be Combined With Strips of Red Pepper—How to Dry Beans on the Evaporator and in the Sun

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

THE string, wax and butter beans were well known to the ancient Egyptians and Greeks. When the earliest settlers came to this country they found the Indians cultivating these vegetables, and one of their dishes made from these vegetables is known as succotash.

String beans, snap beans and French beans are the immature variety of kidney, navy and marrow beans. Various methods are used to conserve these beans in their green state for winter consumption, namely, canning, salting and drying. The variety known as the stringless green bean is the extra small string bean. Only young, tender and strictly fresh beans should be used for canning, and it is most important that these beans be freshly picked from the garden.

If you intend purchasing these beans they must be freshly picked and not over six hours in transit. Beans will develop the same trouble as peas, which is a sour flat or thermophilic, and for this reason they must be kept cool and in a place where the air will circulate freely among them.

To prevent failure be sure the beans are spread out so that the air has free play over them in a cool, shady place. Do not keep this vegetable a minute in the kitchen.

Swiss Style

To prepare the beans string and cut the length of the bean, and then place in cheesecloth and plunge into boiling water for ten minutes. Remove, and then place under cold running water. Spread in a thin layer to cool while filling rapidly into the jars. Then fill the jar to overflowing with boiling water containing one teaspoon of salt to each quart of water. Adjust the rubber and lid, and partially tighten the lid. Place in a hot water bath and process for three hours. Then remove and fasten the lid securely. Invert to test for leaks, and place in a cool room to cool. Store in a cool, dry place.

When preparing the beans for canning, if all the small beans are kept in a separate pile, they may be canned whole for salads.

To Can Small Beans

Stem the beans, do not cut. Place in cheesecloth and plunge into boiling water for ten minutes. Then place in cold running water. Pack into jars. Fill the jars with boiling salted water and then process as for beans.

Here is another style of packing either green, string or wax beans: String and stem the beans, and then cut into four pieces. Place in cheesecloth and plunge into pan of boiling water for ten minutes. Remove, and place in fresh running water for one minute. Then spread in a thin layer. Pack into jars at once and cover with boiling water containing one teaspoon of salt to

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

To Salt String Beans

Select fresh beans of medium size and wash in plenty of water. Do not stem or string. Spread on cheesecloth to dry. Line a large crock with cheesecloth, and then place a one-inch layer of salt in the bottom of the crock. Then put in a layer of beans, then one-quarter inch layer of salt. Repeat until the crock is filled to within two inches of top. Place one-inch layer of salt on top of last layer of beans, then gather the cheesecloth together and cover the beans. Put a large plate on top and weigh down with a heavy stone. These beans will keep all winter if placed in a cool place. They would need to be watched occasionally to see that the brine does not evaporate and leave the crock dry. The late beans are much better for salting than the early ones.

To use remove the required amount of beans. Wash in warm water to remove the salt, and then stem and string. Cut, and place in a saucepan and cover with boiling water. Cook for ten minutes. Place under fresh running water for a few minutes and then return to the saucepan, and cover with fresh boiling water and cook until tender. Season.

Dried String Beans

Drying vegetables may replace canning, or it may be done in addition to the canning, a part of the winter's supply, or for those unable to carry out the regular canning process.

My experiments in the use of various dried vegetables sent me by the Department of Agriculture in the naval school were instantly successful. Spinach, beans, turnips, beets, etc., were equal to the fresh garden product when properly prepared.

How to Dry

First, choose the utensil for this work. This should be an evaporator. Many varieties are on the market and the housewife may select the one best suited to her needs. Or the attic may be used for this purpose, providing there are two or more windows that will allow a direct current, or the vegetables may be placed in shallow trays in the sun and carried in at night.

The trays should be covered with a fine wire, like netting used for screens. Cover this with a piece of clean cheesecloth, and spread the

material to be dried in single layers and then place in the sun, where a direct current of air may circulate freely about the product. Do not set the tray on the table or on the floor. This prevents free circulation of air. Make a rack, or stand to hold the trays.

Sun-Dried String Beans

This work must be done on a hot, sunny day. Have good exposure, and move the material so that the sun will shine on it all day. Prepare the beans as for canning, and after blanching spread in thin layers on a tray covered with mosquito netting. Place where the air will circulate above, below and all around the product. Bring in at night to escape the dew. If it should rain use the oven to finish the product. Use a thermometer to gauge the temperature. Do not heat the oven over 110 degrees Fahrenheit.

Beans may be dried in the oven and the time required will be about six and one-half hours. Commercial driers have explicit directions, which should be followed carefully.

Beans may be dried without the blanching and cold dipping.

Store when thoroughly dried in moisture-proof containers in a cool place. To test if the product is thoroughly dried, cover the product with a piece of glass and note if there is moisture. All dried foods contain more or less dust from the atmosphere and for this reason they should be soaked in warm water, and washed and then well drained.

How to Prepare the Dried Product

Soak the beans in warm water for one-half hour, and then wash to remove the dust. Place in a sieve and let the cold water run on them. Place beans in a saucepan and cover with warm water. Let soak for three and one-half hours. Heat slowly to the boiling point, and then drain and cover with boiling water. Cook until tender and season. Cover with cream sauce and serve.

Fancy Mixed Pack

Prepare the string beans and butter beans for canning as directed in method for canning string beans. When ready to pack in the jar place alternating layers of beans with a thin, match-like piece of green and red pepper between the layers. When the jar is full fill with boiling water containing one teaspoon of salt to the quart of water. Seal and process as directed for finishing the string beans.

All string beans may be used with the strips of red pepper between, or the wax beans may be packed with alternating strips of red and green pepper.

To prepare the pepper for use in canning with the beans place in a hot oven for ten minutes to blister, and then remove the skin and seeds. Then, when cool, cut into strips and use.

A WHITE SKIRT THAT'S DIFFERENT



Isn't this skirt attractive? It is garbardin, and as you see has three rows of embroidery with embroidery on the belt to match.

A Daily Fashion Talk by Florence Rose

IT SEEMED hardly necessary to do anything to make the separate skirt more popular, but nevertheless the vogue of the "casque" has done this very thing. In many instances the skirt which will deserve the name of a frock, but possibly "casque" at the present time is a much smarter phrase to use. The proper skirt to wear with these new blouses is in a way a problem which can only be worked out when one takes into consideration the kinds of materials and the trimmings used for the blouse.

The "casque" in its usual form, is rather a dressy garment, made of fine linens, chiffons or silks and trimmed with lace or fringe. Therefore, it does not look well with a tailored skirt of the pocketed variety. The skirt should, of course, be straight and untrimmied if the blouse is much decorated, but in cases where the blouse is very plain the skirt may be trimmed if the trimming is kept flat, such as embroidery in silks or braids, or even the stubby fringes, which are used so much on the new trims.

In materials, one may select the jersey silks, the tulletrilles, the heavy sports silks or satins or taffeta, and even the light woolen materials, provided the blouse harmonizes with them. For the "casque" of the fine linen the skirts of linen, pique, cotton garbardin and organdy are considered quite correct. The artist has made up a sketch today of a cotton garbardin skirt, which might well be worn with the "casque" or with the ordinary blouse of georgette. It is shown in the illustration. This skirt has three rows of embroidery on the skirt and the belt is embroidered to match.

The blouse, which looks so comfortable for the hot days, is, as I said, of georgette. Groups of tuks decorate the bodice and the turned back collar and cuffs are really features. The hat has a crown of blue bouffant with large white dots, and the rolled-back brim is of white taffeta. (Copyright, 1919, by Florence Rose)

Miss Rose Will Help You

with your summer clothes. Perhaps you are wondering just what color in vogue now will be most suitable for you. Or perhaps it is the present-day styles that perplex you. Miss Rose will be glad to give you the benefit of her advice. Address Miss Rose, woman's page, EVENING PUBLIC LEDGER. Send a self-addressed stamped envelope for personal reply, as none of the answers will be printed.

For Sunday Morning Breakfasts

Jim says that Sunday is the only day he has time to enjoy his breakfast, so I always try to give him something worth enjoying. Sometimes it's chipped beef in cream with a sprinkling of AI Sauce, but what he likes even better than that is the feathery kind of ham omelet I know how to make. I mix half a cup of stale bread crumbs with half a cup of hot milk, a tablespoonful of butter, and a little salt and pepper, and let the mixture stand for five minutes. Then I add the beaten yolks of three eggs, half a cup of finely chopped ham, and fold in the whites of the eggs beaten stiff. Just before I pour it into the pan I add a dash of AI Sauce—and there's the rub. It makes the most ordinary omelet taste like a dish to set before a king. You just ask Jim!—Adv.

YARN 123 S. 16th Street

SHOP GOOD SHEPHERD AND MINERVA YARNS NEW STYLES IN HAND-KNIT SWEATERS ALSO CHILDREN'S SWEATERS

TAYLOR & ASPEL 130 So. 16th St. Riding Habits and Kindred Toggery ANNOUNCE THEIR FIRST REDUCTION SALE Jersey and Tweed Sports Suits That were formerly \$36.50 to \$85 Now \$25 to \$60 SPORTS HATS That were formerly \$8 to \$20 Now \$3 to \$10 Linen and Pongee Suits, Automobile Dusters, Sports Coats and Skirts at sharp reductions. Ethel M. Taylor Belle C. Aspel



Too Attached to Baby to Leave Mistress Who Imposes

To the Editor of Woman's Page:

Dear Madam—I have been reading with interest the letters on the servant-girl problem and I find it very interesting. I have been working since the day I was fourteen years of age, my mother, "God bless her," having passed away when I was three and a half. I took a position in a mill, worked three years at it, received good pay, but gave it all to my father. I soon became so disgusted that I left home and found another position taking care of a little girl. Today my madam has two, one of them will not leave my side. Besides caring for her I also do all the housework, shopping and cooking; in fact, everything there is to be done. But I am treated like one of the family. We also have our rights, which is only natural when two women are together. However, I have had five years in which to learn this lesson: When you do everything you are told to do you are imposed upon. Today I am imposed on and if I say anything my madam becomes angry and does different little things that she knows will hurt my feelings. You say leave, but I have brought the baby up and I love

her so much I cannot leave her. Once I left and my madam asked me to come back for the baby's sake, as she cried so much for me.

Now it is worse than ever; it is just working from 6 o'clock in the morning until 10 or 11 at night. So, you see, I for one would very much favor an eight-hour day plan. Believe me I am pretty tired when I go to bed at night.

One Wednesday I had finished all my work and I had bought some goods for a dress and when my madam saw me sewing on the dress she was furious. She said she was paying me to do her work, not to make a dress for myself. I wish some of the readers could read an article I saw in one of the magazines on the servant problem. It is all true; some are good and some are bad in their work, but why blame us all and make us work such long hours?

Please, dear housewives, let us be not a machine to start from morning till night until you stop it off by going to your bed. We also are people and we also get tired. Here's hoping the eight-hour plan will go through. A HUMAN BEING.

THE WOMAN'S EXCHANGE

Care of Infants To the Editor of the Woman's Page:

Dear Madam—Will you kindly inform me through your columns where

the Babies' Welfare Bureau is located, or any place where instructions are given in caring for infants? MRS H. B. M.

The Question Corner Today's Inquiries

- 1. What serves as a good little reminder to hang near the phone to time long-distance calls?
2. When a voile dress is too short and there is no way to let it down at the hem or the tucks, what can be done to make the skirt longer and bring the dress up to the minute in style at the same time?
3. How can chewing gum be removed, if it happens to become entangled in a child's hair?
4. What discarded article of clothing makes an excellent cover for a small ironing board?
5. In making starch, what can be added to prevent souring if clothes have to be allowed to stand?
6. What will take the discoloration from a straw hat?

Yesterday's Answers

- 1. To keep the scent in a sachet bag sprinkle a few drops of perfume on a very small piece of pumice, and slip this in the bag.
2. Pure lemon juice rubbed on the skin and permitted to stay there for a little while will help to prevent new freckles.
3. To whiten the hands bathe them in lukewarm water in which has been placed oatmeal. This treatment must be kept up faithfully, of course. Rub a little cold cream or good hand lotion on the hands after washing them in this way.
4. To lengthen the life of rubber gloves turn them inside out after wearing and sprinkle with talcum powder. When you put them on next wear them wrong side out. The right-hand glove will then be on the left hand and vice versa, and both will get equal wear.
5. In turning up the hem on a new skirt slip an old skirt over it. Ask some one to mark the skirt length around with pins and you will be able to turn up the hem without any trouble.
6. To protect silk from scorching when it is being ironed place a piece of tissue paper over it. Don't use too hot an iron.

The Babies' Welfare Bureau is located, or any place where instructions are given in caring for infants? MRS H. B. M. The Babies' Welfare Association is at 1615 Sansom street, but instructions are not given there now. The social service department at the Woman's Hospital, 2337 North College avenue, which is the nearest hospital to the address that you gave, conducts meetings each month for mothers to instruct them in the care of their children. If you call up there, or write, you can find out when these meetings are held and go to them. Then the Bureau of Health in the City Hall has a number of clinics to teach the care of babies, and the nearest one to you is at 3826 Germantown avenue. The clinics are held on Wednesday afternoons, and if you want to see the doctor specially he will be there on Wednesday and Saturday mornings between 10 and 12.

Information Given To the Editor of the Woman's Page:

Dear Madam—Two words occur but once in the Bible; the word girl in the third verse and the third chapter of Joel, and the word reverend in the ninth verse of Psalm XXI. H. T. B.

Cannot Sell Books

H. M. S.—Thank you very much for your offer of the books at a reduced price, but it is one of the rules of the Woman's Exchange that nothing is sold through the column.

Diamonds Jewelry Made Over Re-Set IRA D. GARMAN 11th St. bet. Chestnut

Hardwood Floors This is the season when your floors need attention. We know how to restore them. W. W. Lukens & Co. 1615 Sansom St. SPRUCE 3284.

Some folks will entrust their watches to the conjurer, adept at sleight-of-hand. Possibly they know the artist. But furs seem different. In remodeling and repairing we aim to cut out chances and return to you your garment as you wish it—and expect it. Work done now at a third below regular.

"Pay the Cost in the Fall" Mawson & DeMany 1215 Chestnut Street

PIEDMONT Piedmont Peanut Oil

—is fine for frying—especially "deep frying." It is an economical shortening for cakes and pastries, and adds a delicate nut flavor to all foods in which it is used.

PEANUT OIL The food oil with the nut flavor

'TAKE OFF THAT ROUGE,' IS AN ANCIENT COMMAND

Twenty-three Centuries Ago a Young Greek Scored His Wife on Her Deception—Do Men Consider 'Paint' Deceitful Now?

IT WILL be interesting to wives who have been stopped at the threshold and told to "take that stuff off your face if you're going out with me" to know that more than 2300 years ago women were suffering in the same unbearable way.

In speaking to Socrates the great Greek philosopher about his wife, Ischomachos, a young Athenian of very good social standing, who had married a girl of fifteen, said these cruel words:

"One day I saw her with a lot of powder on her face to make her look whiter and a lot of rouge to make her look redder and high-heeled shoes to make her look taller. I pointed out to her in the first place that she was doing as dishonorable a thing in trying to deceive me about her looks as I should have done if I tried to deceive her about my property. And then I remarked that though her arts might impose upon others they could not upon me who saw her at all times. I was sure to catch her early in the morning before they had been applied or tears would betray them or perspiration."

AND so we see that way back more than 400 B. C. they were arguing about whether it was or was not a matter of deception to apply "the bloom of youth."

This little passage is taken from the Aconomics, a very ancient record, indeed, but I should say that Ischomachos's reasoning was very clever and deep, to say the least. It makes one ponder—men are so gullible. No wonder a woman dreads the quick "take-it-all-in" glance of another woman when she fares forth in the light of day or night. And no wonder she can almost "put it on in the dark" and go down with the ease of Mary Pickford when she glides in to meet the Only Only. Men are gullible! Or are they?

Sometimes a person wonders. In these days when the use of rouge is so general the code of Ischomachos is worth thinking about. Does it still hold good? Does a man, after all, consider it dishonorable and deceitful when a woman has used all sorts of artifices to make him believe she is what she really is not? Or is a man perfectly satisfied not to know too much provided the woman he cares for is beautiful before the world and therefore attractive to himself? It is worth pondering about!

McCabe & Aldred SEMI-ANNUAL CLEARANCE SALE HATS, \$5 and \$10 NEW SUMMER HATS For Sport and Dress 1727 Walnut St.

J.M. Gidding & Co. 1422 Walnut Street WEST BELLEVUE-STRATFORD CONTINUE WITH RENEWED INTEREST THEIR SEMI-ANNUAL CLEARANCE SALES OF FROCKS AND GOWNS COATS AND CAPES WRAPS BLOUSES MILLINERY SWEATERS-SKIRTS AT VERY INTERESTING REDUCTIONS

Kellogg's TOASTED CORN FLAKES Our wasteful package saves for you the quality and flavor of Kellogg's as it comes piping hot from our ovens. W. K. Kellogg The sweetest of the corn

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Will you kindly publish in the paper menu and recipes for a perfect shore dinner, if you can do so, at your earliest convenience and greatly oblige, Mrs. R. W.

- Menu for Shore Dinner Connecticut Shore Steamed Soft-Shell Clams Melted Butter Radishes Sour Pickles Crab au Gratin Baked Fish Hollandaise Sauce New Potatoes Peas Fruit Cucumber Salad Coffee An Old Salt's Shore Dinner Stewed Clams Young Onions Radishes Broiled Blue Fish Bacon Garnish New Potatoes Stewed Squash Tomato Salad Blackberry Pie Coffee A Native Shore Dinner Cold-Broiled Hard-shell Crabs Young Onions Home-made Chili Sauce Fish Chowder Fried Bass Potatoes Boiled in their Jackets Corn on the Cob Cucumber Salad Stewed Fruit Cake Coffee

My dear Mrs. Wilson—I can hardly wait until I get the evening paper to see your recipes, which I have tried most all and found them to be fine and tasty. Kindly let me know how to make a tuna fish salad and what else to make from tuna fish, as I have lots on hand? Thanking you kindly, I am, Mrs. J. G. D.

Tuna Fish Salad Open a can of fish and turn into a china bowl, and set in a cool place for one hour. Line a salad dish with lettuce and then place the fish in the center, and cover with mayonnaise, using olives for a garnish. Use tuna fish in place of cod for cream fish for breakfast, in au gratins for luncheon and in fish cakes and croquettes.

My dear Mrs. Wilson—Will you please publish a recipe for pan-sauces made with sour milk? Also

how to make gelatin desserts; or, if you have already done so, I will thank you to let me know in what paper I can find them. Thanking you in advance for this and many good recipes you have published, I am, I. E. H.

Pancakes Place in a bowl One and one-quarter cups of milk, One egg, One teaspoon of salt, One tablespoon of liquid shortening, Two tablespoons of sirup. Beat to mix and then add One and one-half cups of flour, Three teaspoons of baking powder. Beat to a smooth batter and then bake on a hot griddle. A lesson covering cold desserts will be coming soon.

My dear Mrs. Wilson—Will you please publish a recipe how to preserve eggs for winter use? Thanking you in advance, Mrs. R. F.

Use one quart of liquid water-glass to every ten quarts of water. Pack into earthen crocks or wooden containers and store in a cool, dry place. Keeping up with the new chains these days is no easy matter. Each adventure among these fascinating necklaces brings to light numerous quaint designs and rare colors. Now for instance, take the chain I discovered today which is priced at \$1. You have seen those smooth satin beads of green or red, or dark blue. That I realize full well. But the color of these is a pale blue-gray or a kind of Alice blue. They are strung at regular intervals on a slender silver fish chain, and here and there you find a long, curiously carved bead of silver. These chains are uncommon, attractive, and reasonably priced.

For the girl who has a small apartment comes a convenient and surprisingly inexpensive cooking set. It consists of a saucepan and stand, and a cooking in a solid form which furnishes the cooking heat. The entire set rests on a tray and comes complete for \$1.50. One could make tea, coffee, cocoa, or cook eggs, or in fact manage all sorts of things for a breakfast at home.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3000.